

METHOD OF PREPARING EGG NUGGETS**ABSTRACT OF THE DISCLOSURE**

A method that entails blending an egg-based substance, a water-absorbent thickener, and pieces of supplemental food together to form an egg-based material, the egg-based substance including a natural liquid egg component, the water-absorbent thickener distributed throughout the egg-based material, and the water-absorbent thickener effective to maintain distribution of the pieces of supplemental food throughout the egg-based material.